

Mental Illness Awareness Week is October 4th - October 10th, 2015
World Mental Health Day is Saturday October 10th, 2015

Did you know that.....

1 in 5 regular hospital admissions are for patients with mental disorders.

75% of visits to doctors' offices concern stress-related or anxiety induced ailments.

Mental Health Disorders are the LEADING CAUSE of disability worldwide.

2/3 of people would rather say that they committed a petty crime and served time in JAIL than admit to being in psychiatric HOSPITAL.

Suicide is the 10th leading cause of death in the U.S. and the 3rd leading cause of death for ages 15 to 24 years. More than 90% of those who die by suicide had one or more mental disorders.

Be a conversation starter. By openly talking about mental health, suicide prevention, and recovery you have a chance to make a positive difference in somebody's life. The more openly we talk about mental health, the less power the stigma and fear will have. Together we can create a world where no one has to feel ashamed of their diagnosis, a world in which recovery is achievable for all.